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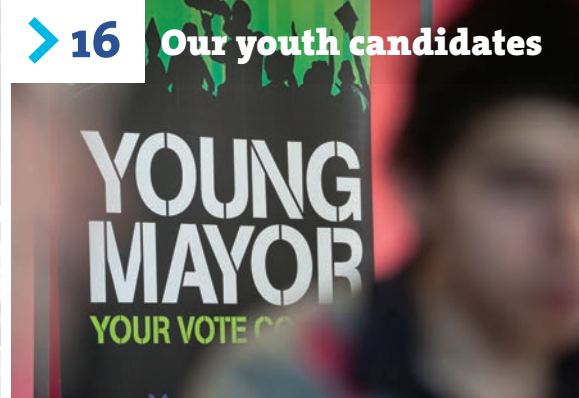
Celebrate heritage

> 16

Our youth candidates

> 23

Homes for heroes



thenewhammag

issue 260 // 12 – 26 October 2012



**Fun on the
Waterfront**

Festival in splash hit (p10)



YOUNG MAYOR 2012

**YOUR
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COUNTS.**

www.newham.gov.uk/youngmayor

🐦 [ym_Newham](https://twitter.com/ym_Newham)

Who will you vote for?
Voting day: 23 October 2012

To find out more about the candidates visit
www.newham.gov.uk/youngmayor

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12 October 2012 // **issue 260**



It's that exciting time of year again when the young people of Newham elect their Young Mayor and Youth Council. This year we have 23 young people nominated and you can find out a little about each of them (p16).

Also in this issue you'll find out about the upcoming Newham Heritage Week (p8) and see how we made a splash with all the fun and entertainment at the Waterfront Festival (p8). In this issue you can also win tickets to a performance by the New London Orchestra (p20). And a significant announcement is made about the new housing policy (p23).

Cllr Quentin Peppiatt

Executive member for children and young people

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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The Newham Mag is printed on 100% recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

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IN BRIEF //

Get active, get involved

You could help shape the future of leisure services in Newham.

From January next year, a new leisure and cultural trust called activeNewham will run and develop leisure facilities in the borough.

The trust is looking to recruit local people to join its board of trustees to oversee how it is run. It will meet every month to make key business decisions about the trust.

To find out more contact Grant Aitken on **020 3373 4604** or for an application pack email **lesley.kay@activenewham.org.uk**.

Tenancy changes feedback

New Government laws are set to change the length of council housing tenancy. Under new legislation, Newham Council can alter the length of tenancy given to new tenants moving into council properties.

The council is consulting on how long tenants can live in a property and reasons why the council would not renew their tenancy.

For more information visit **www.newham.gov.uk/tenancystategy** or email your comments to **housing.feedback@newham.gov.uk** or call **0800 358 0337**. Mobile phone users can dial **0121 333 6006** and ask to be transferred to the Newham freefone.

Olympians unite for charity

Olympic stars of London 2012 are set to support a charity fundraising night for the Learning Revolution Trust.

The trust, established by Newham College, is working to help people stay in further and higher education by providing financial support.

The event at Newham College on 1 November includes Olympic and Paralympic athletes Tessa Sanderson CBE, Christine Ohuruogu, Jane Campbell and Ola Abidogun.

Tickets are £50 or £150 VIP. Visit **www.learningrevolutiontrust.org.uk** or call **020 8257 4580** for details.

A salute to Colonel Mike

The Queen's representative in Newham has bid a fond farewell after 19 years.

Around 100 people attended a reception at The Old Town Hall Stratford to salute Colonel Mike Dudding OBE, who has stood down as the Representative Deputy Lieutenant for the borough.

As The Queen's official representative in Newham he arranged visits by members of the royal family, escorted royal visitors and presented medals and awards on behalf of Her Majesty.

Sir Robin Wales said: "Mike has been a true champion of the uniformed services and has made an outstanding contribution to the life of our borough. We salute him for everything he has done."

Col Dudding said: "Looking back there have been so many happy memories, but among the most memorable was helping to organise The Queen's visit to Newham for her Golden Jubilee. I am grateful to everyone for supporting me over the years."



Mayor Sir Robin Wales and Colonel Mike Dudding

Just the job for Games Makers

Volunteers who helped make the London 2012 Games a success have been given a helping hand to find jobs.

A jobs fair organised by Jobcentre Plus and supported by Workplace (Newham's jobs brokerage service) was held at Stratford Town Hall and attracted 2,000 people.

The event, which targeted former Olympic venue staff and Games Makers, hosted recruiters including Stagecoach and Debenhams.

Councillor Alec Kellaway, executive member for business and skills, said: "Getting local unemployed people into work is vital. Workplace and this kind of event are now attracting employers that previously hadn't even considered our borough. This is a significant result for us."



Finding Newham's Games time volunteers work

Tasty sum raised for cancer care



Cllrs Neil Wilson, Charlene McLean, Lester Hudson, Kay Scoresby and Winston Vaughan with MP Lyn Brown at the coffee morning

West Ham MP Lyn Brown organised a cake sale and coffee morning to take part in the annual World's Biggest Coffee Morning fundraiser.

Newham Council workers and councillors helped raise almost £900 was raised at a cake sale and raffle hosted in the council's Newham Dockside building in aid of Macmillan Cancer Support, which provides practical, medical and financial support to people with cancer.

Deputy Mayor of Newham, Councillor Lester Hudson, said: "I am delighted that the council was able to support Lyn Brown's coffee morning for this wonderful cause. The fight against cancer is an important one as we all know someone who has been affected."

Crystal shines light on the future

The futuristic Siemens Crystal opened its doors to the public at The Newham Waterfront Festival.

The sustainability centre, located at the west end of the Royal Victoria Dock, showcases the future of environmentally friendly technology.

It is also located in the centre of the Royal Docks enterprise zone, which was created to drive regeneration.

Mayor Sir Robin Wales, said: "The Royals' past was based on trade in physical goods. Its future will be the trade in knowledge and ideas. The Crystal is a landmark for the docks, a catalyst for other businesses wanting to invest here and a real prize for world experts in sustainable technology."



Visions of future life at Siemens

Have your say on the Council Tax scheme

Newham Council is giving residents the chance to have their say on changes to the benefits system.

The Government is set to replace the current Council Tax Benefit on 31 March 2013, with a localised Council Tax Support Scheme.

Each council has to develop its own scheme and will have ten per cent less funding from the Government to pay for it. A consultation on draft council proposals to deal with this is running until Friday 23 November.

To take part visit www.newham.gov.uk/cts or call **0800 358 0337**. To request a paper copy, visit your local library or email CTSConsultation@newham.gov.uk

Have your say on Taxicard changes

A consultation on proposed changes to Newham's Taxicard scheme, which provides subsidised transport for people with serious mobility or visual impairments, closes on 31 October.

To find out more information - and to make sure you have your say - come along to the Taxicard open meeting. It takes place on Tuesday 16 October between 1pm and 2.30pm at St Mark's Church, Tollgate Road, E6.

For further information, visit www.newham.gov.uk/taxicardconsultation

Mental health services are changing

A consultation to modernise Newham Mental Health Trust's Day Opportunities Service closes on Friday 19 October 2012.

Nationally, mental health services are changing and the council is working to ensure services continues to support independence, recovery and social inclusion.

To find out more, go to www.newham.gov.uk/MH or email adults.transformation@newham.gov.uk

For further information, call **020 8430 2000** and select **option 8** on the menu.

Operation Ohio closes in on crime

Tackling crime is my top priority and I was very pleased to see first-hand how we are taking on people who commit crime or anti-social behaviour.

I joined our enforcement officers and the Metropolitan Police officers funded by us who were working together on Operation Ohio.

It was the first stage of an initiative we have started here in the borough called total enforcement. Intensive resources were deployed into a small area in Canning Town and every offence – no matter how small – was acted on.

It started with three arrests and from there the teams tackled offences ranging from school truancy, disabled parking badge abuse and car tax evasion to drug possession and littering.

Every fine and warning notice issued will be chased and followed up.

Law-abiding citizens should not have to put up with unacceptable behaviour by a mindless minority.

We want to make the borough better for everyone and that means making sure front gardens are tidy and people don't litter the streets. We showed the world the best of our borough during the Olympic Games and I am determined that the hard work will continue for all our benefit.

The immediate response from residents was overwhelmingly positive. One resident even offered to make cups of tea for the enforcement team as a thank you.

I am delighted that the council's enforcement officers and the Metropolitan Police are ready to repeat the operation.

I promised residents I would make them be safe and feel safe, and I am committed to delivering that promise.

We are investing even more in safety and enforcement – it's the right of every resident to be safe.

I am proud of the strong



relationship we have with the Metropolitan Police and other Government agencies involved in crime prevention. We are working hard together on this operation – and the initiatives that will follow – to make it clear that anti-social behaviour and criminal activity will not be tolerated in Newham. Future operations may be coming to a street near you.



Mayor's view

Fun on the Waterfront brings docks to life again

I was delighted so many residents made the most of our Waterfront Festival at Victoria Docks.

We had 17,000 people come along for a day of fun, music and fireworks that brought the docks to life once again.

It was the first time that the Siemens Crystal had opened its doors so the public could see what is an amazing facility. Emirates Air Line gave 50 pairs of free tickets to ride on the cable car.

Getting together as a community is an important part of building resilience. We were able to give everyone a free

day out which, in times like these, makes all the difference.

Newham was at the forefront of water sports during the Olympics with silver medal winner Mark Hunter, who was born in the borough, demonstrating what our athletes are capable of. The festival showcased what a fantastic and versatile place Newham is.

We're not done yet, we're supporting lots of resident organised events with Guy Fawkes night, and the Christmas lights switch on all to come.



History man remembered

Learning from our past is an important part of making progress and James Keir Hardie is a very important figure in the borough's history.

I reflected on his record as the first Labour MP when I unveiled an exhibition at Stratford Town Hall dedicated to his life and work. I was delighted that Hilary Benn, the shadow secretary of state for communities and local government, was able to join councillors and me.

Keir Hardie was a visionary; he campaigned for better housing, education and women's rights. He also warned against the dangers of rampant financial institutions and the damage they can do.

He devoted his life to achieving fairness and equality in our society. We are continuing the work he started and share his values.



with Sir Robin Wales

Heritage Week comes alive in Newham

2012 has been a year that brought people together, through both the Diamond Jubilee and the 2012 Games, so we're inviting residents to host their own celebrations of Newham's heritage. This could be a local street or neighbourhood based activity around people sharing memories of their area and their own history in Newham with neighbours, friends and fellow residents.

Newham Heritage Week kicks off on Saturday 20 October and runs for eight days until Saturday 28 October. It's a unique opportunity for residents to get involved in Newham's heritage, learn more about it, pass it on to future generations and above all, enjoy it.

Did you know?

- > **Until the mid 19th century, farming was the most important way of making a living in Newham.**
- > **That during the second half of the 19th century the Royal Docks were the largest docks in the world and the first to be linked to the railways, which is why Newham has a long and proud history of welcoming people from all over the world.**

For more information on local history visit www.newhamstory.com or drop in to the archives at Stratford Library. Please phone 020 3373 6881 for an appointment.

Because of the docks thousands of people moved here from around the globe. New residents included people from other parts of London and Britain, but also people from the Indian subcontinent, from Africa, the Caribbean and across Europe.

This has given Newham one of the most diverse populations anywhere in the world, so you could say that we have more heritage and culture to celebrate than anywhere else in the world.

Because we know that you like to party, we are encouraging you to honour our rich history by holding an event in your neighbourhood during Newham Heritage Week, from 20 to 28 October.

If you come up with an idea for an event or exhibition celebrating your community's heritage, we could support you with funding with an Inspiring People grant. The grants are for £250 (but can be up to £500 in exceptional circumstances). For further information visit www.newham.gov.uk/party



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OLYMPIC PARK
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THE O2 EVENTS
WHAT'S NEXT
EMIRATES AIR LINE
GREENWICH

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Area guide to exploring Greenwich, Docklands
and more of east London by DLR.
Copies available at DLR Ambassador open days.

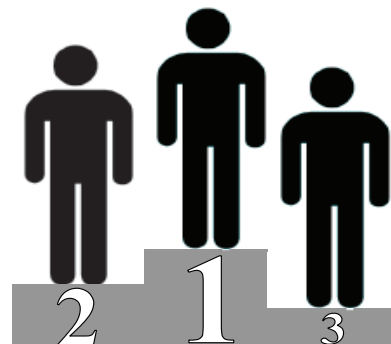
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East London **NHS**
NHS Foundation Trust

GOING FOR GOLD

EAST LONDON NHS FOUNDATION TRUST DELIVERING EQUALITY FOR ALL



Are you a mental health service user in Newham or are you a patient receiving a community health service such as district nursing, chiropody, sexual health services, health visiting from Community Health Newham?

If so, we want to hear your views about whether East London NHS Foundation Trust is giving you the type of service you really need.

It is important that everyone has equal access to the services we provide and this is your chance to tell us how well we are doing.

Please complete our questionnaire by 7 November 2012 either by:

- Logging on to <https://www.surveymonkey.com/s/ELFT-Going4Gold>
- Telephone 020 7655 4170
- If you would like us to send you a copy of the questionnaire, write to Tigist Teferi, Equality & Diversity, East London NHS Foundation Trust, EastOne, 4th Floor, 22 Commercial Street, London, E1 6LP
- Email Tigist.Teferi@eastlondon.nhs.uk

Please let us know if you require the questionnaire in a different format.

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Newham Waterfront Festival in pictures



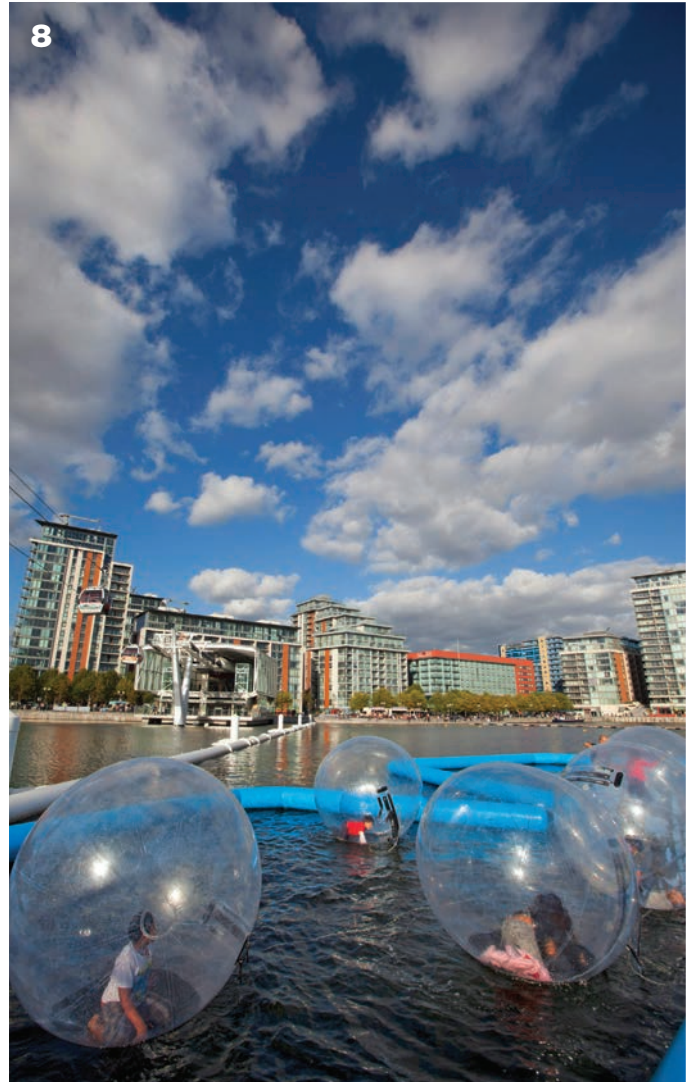
More than 17,000 people flocked to this year's Waterfront Festival at Royal Victoria Dock for a free family-friendly festival on the water. Throughout the day residents enjoyed tours of the docks, water sports and terrific children's activities.

Mayor of Newham Sir Robin Wales said: "It was an amazing event that brought the community together. I'm delighted that so many residents came along to have fun."

Environmentally conscious residents also got their first chance to take a look inside the landmark Siemens Crystal, with its interactive exhibition where you can explore the global trends and challenges facing cities today.

Watersports were provided by Wake Up Docklands, but the clear favourites of the children were the fun bus and the whale – a giant inflatable packed full of fun.

Live music from The Bootleg Beatles, Candy Apple Blue and Grupo Lokito all made a big splash. The finale of the show was a foot stomping, crowd rousing performance by The Bootleg Beatles who gave a note-perfect rendition of the greatest songs from The Beatles back catalogue, ending in a fantastic fireworks spectacular.



1 Here comes the weekend. **2** Bang the drum: young people make beats at the waterfront. **3** Smoke on the water, fire in the sky. **4** Pumping up the volume, breaking down the beat. **5** Progress is lovely. **6** Now the harbour light is calling – the carnival is over. **7** Raise your lantern to the sky. **8** Ab-zorbing the Docks: kids get wet and wild.

Shared lives

Carers with Newham's Shared Lives scheme give adults with support needs the opportunity to live with families. A Shared Lives carer can be a family, couple or individual who are happy to open their home to provide support for a person in need of social care. Hamid Auckbaraulle spoke to us about his experiences.

What is Shared Lives?

"Shared Lives is a normal family house, where you have a mum and dad, maybe children, and we take on board people who can't manage by themselves. They stay with us as a member of the family. They share everything. We try to help them not feel like a stranger and hopefully they can learn how to live on their own or manage by themselves so that eventually they can have their own place and get on with their lives."

How many people do you care for?

"At the moment we have three young gentlemen, who are former patients of

Newham Centre for Mental Health. After being discharged it was decided that it would be better for them to stay in a family environment, where we can teach them how to manage on their own."

How did you first become a carer with Shared Lives?

"My wife and I had reached a certain age where our children had grown up and moved away, so around three years ago we sat down and discussed how we could use our experience to help people. We registered with Newham Social Services some three years ago and they sent people to us so that we could help them out."

What kind of training and support did you receive?

"We got the full training that is required. Shared Lives is registered with the Care Quality Commission, which makes sure that the service we provide meets the national standard, particularly around the health and safety of the service users that stay with us. Newham Shared Lives gave us training on how to manage and help the people who stay with us to have a better future. They visit and help us improve. Also they make sure that as carers we are well looked after and advise us of anything new that will be useful to us or the service users."



What's the best thing about being part of Shared Lives?

"I think it gives an opportunity for people who have different kinds of problems to share time in a family environment. We have learned that it gives encouragement and helps them move forward in life for a better future. You are helping someone in the community. It is a kind of self-satisfaction that you have done something good for somebody. So I would advise anybody to do it. You just need a bit of patience, understanding and tolerance."

The *Newham Mag* also spoke to two of the people that Hamid cares for – David and Juhel.

What do you like most about living here?

Juhel: "Everything. We listen to music with uncle and auntie, sometimes go out with them. I can do normal activities like going to college. It's like a proper family."

David: "I've got my own room, I've got my own TV, Sky in my room, my own sound system, I get on with other people, I'm happy man."

Newham's Shared Lives Scheme recruits, trains and supports people from all walks of life to care for vulnerable adults. Carers are paid for the support they provide (according to the level of need of the people they support) and also receive rent and a contribution towards

household bills.

Newham Shared Lives are particularly interested in people with accessible accommodation such as a bedroom and bathroom on ground level. If you are interested in becoming a Shared Lives carer, or know someone who would benefit from being placed with a carer please call **020 3373 0496/1287**, email **sharedlives.scheme@newham.gov.uk** or visit **www.newham.gov.uk/sharedlives**



License your property now

If you are a landlord or managing agent in Newham you will need to license your rental property.

Apply online now and a licence will cost £150. After 1 January 2013 it will cost £500.

Failure to apply for a licence by the end of December 2012 will be an offence and may lead to a fine of up to £20,000 per property.

For more information and advice, or to apply for a licence visit:

www.newham.gov.uk/propertylicensing

Alternatively, contact the Property Licensing team on **020 3373 1950**.

a place where people choose to
live, work & stay



Starting school in Newham

Reception class places for September 2013

If your child will have their 5th birthday between 1 September 2013 and 31 August 2014 you need to apply for a reception class place now.

The deadline for a reception class place for September 2013 is **15 January 2013**. If you miss this date you will have less chance of getting the school that you prefer.

From **10 September 2012** you can pick up a copy of the autumn 2012 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.



Have your say

Join the Newham
People's Panel
and have **your**
say about **our**
borough.



We want to make sure that the services the council provides and the things we focus on are what our residents and visitors want to see. We also want to be able to respond quickly to the changes taking place in Newham.

The Newham People's Panel lets you tell us what you think and helps you to shape the future of services in your borough.

A lot of our current panel members say that the panel is a good way of engaging with the council, getting issues addressed and letting the council know what they think:

"It is a good tool for the council to communicate with interested residents and involve us in decision making." *Stratford resident*

"It's good to ask the residents of Newham about things that affect us. This will hopefully help the council to meet the needs and wishes of the people it is serving." *Forest Gate resident*

"The majority of subjects in the surveys are very relevant to me and my family and give me the opportunity to put forward viewpoints that I feel wouldn't otherwise be heard." *East Ham resident*

If you become a member of the panel, you will be emailed surveys about a number of subjects. Panel members taking part in surveys can win prizes and

may also be paid up to £30 to give their views in discussion groups.

The surveys are sent out once a month and you can pick and choose which surveys you would like to answer. The panel has already been consulted on: housing in Newham, your high street, volunteering, employment, substance and alcohol misuse.

How to join

You need to have an email address to become a panel member and can join by visiting www.newhampanel.com



VOTE FOR YOUR YOUNG MAYOR

It's time to vote for your next Young Mayor. The nominations have closed and the candidates are now campaigning for your vote. Voting day is 23 October 2012 and the winner will be announced on 24 October 2012.

You can vote if you're aged 11 to 18 years and either live, work or study in Newham. Polling stations will be all across the borough – at all secondary schools, colleges and Old Town Hall Stratford and Newham town halls.

It's your Young Mayor, so make sure your vote counts.

Find out more information about how you can vote and see all the youtube manifestos at www.newham.gov.uk/youngmayor

If you are passionate about Newham and getting young people's voices heard you can still apply to become a Youth Councillor. Visit the Young Mayor's website before 17 October 2012 to find out more and apply www.newham.gov.uk/youngmayor

Voting at the town halls? Remember to bring proof of your age and that voting is open from 9am until 6pm.



MEET YOUR CANDIDATES



Jennifer Adeyemo

I want to turn Newham into a force to be reckoned with. We are not the past; we are the FUTURE.



Salim Al-Myman

I want young people to lead in sport, the community and the future of this borough.



Tracey Ngahane

I want to be able to say: I was there, I was listened to and I was respected!



Nuria Fernandes

I want to see the changes we were promised.



Matilda Lulendo

I will try to make my promises become reality.



Dina Khatun

If I become Newham's Young Mayor, I shall ensure that it's cleaner, more active with greater youth opportunities.



Trieu Ho

You and I can make a difference that allows us to aim for perfection.



Rebekah Dike

I can provide the gift of inspiration.



Hayley Mulenda

I will get our voices heard. Let's make Newham better.



Iqra Mahmood

STAND UP AND SPEAK OUT. Let's turn our dreams into reality.



Faheema Oughradar

I can get ideas across to the decision makers.



Suraj Patel

I will introduce more opportunities for the youth of today.



Yusra Tirlow

I will try to: reduce crime and violent behaviour, and create opportunities for young people to be active.



Monisha Datta

I desire to make the Olympic borough soar to even greater heights.



Imran Suleiman

I will represent you: we can only make a difference if we work together.



Munaib Chowdhury

I stand for a happier and more vibrant borough for young people.



Kwesi Adarkwa

Let's keep young people safe, healthy and happy in Newham.



Rahela Islam

Vote for me and wave goodbye to hanging about on the streets.



Adam Tribeche

I will create a more equal and fair Newham.



Malcolm Ebose

I would be a resilient, understanding, versatile and forward thinking Young Mayor.



Rania Ramil

I would help young people to reach their potential.



Olivia Murray

I will continue the Olympic values of determination and inspiration.



Kwaku Mason

I will do my best to make Newham a better place for teenagers to live.

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@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

YOUR SPACE

where young people take control

YOUNG PEOPLE GET THEIR SAY

East Ham resident and Plashet School student Bazlah Sultan, 15, wrote to us about her experience on the Olympic Legacy Youth Panel (OLYP) during the 2012 Games. Thanks to this opportunity, Bazlah along with the OLYP got the chance to visit some of the finest Olympic venues.

Bazlah said: "The OLYP is a voluntary scheme for young people aged 13 to 21 from the Olympic host boroughs. "I applied after my friend told me about the scheme and shortly after, I received a letter saying I had been successful."

"The legacy will provide young people with new sporting facilities and inspire us to try out new sports and focus on achieving our goals."

"We meet up monthly to discuss plans on the legacy of the Games, we get to have a say on how the legacy of the Olympic Park evolves and most importantly we get to make a difference as a young person. "Since joining the panel two years ago, I've met some really great people from different walks of life – who like me – were interested in the legacy of the 30th Olympiad."

"Being part of the panel has given me great opportunities, I've been part of debates and discussions around the Games which has improved my communication with others and my team building skills. "I was also lucky enough to be a spectator at some of the Olympic venues where I watched athletics and water polo. It was really exciting – the whole atmosphere was really inspirational."

"The Games have inspired me to work harder and achieve excellence in everything I do. The legacy will provide young people with new sporting facilities and inspire us to try out new sports and focus on achieving our goals."

Bazlah Sultan



If you'd like to find out more or be part of the Olympic
Legacy Youth Panel, visit www.londonlegacy.co.uk

Win tickets

The New London Orchestra is giving away three pairs of tickets to see Modern Music for String Orchestra which will be performed at Stratford Circus on Friday 19 October.

The performance will feature a collection of rarely performed works for strings, from some of the most charismatic and influential composers of the 20th and 21st centuries, including Philip Glass, Arvo Pärt and Max Richter.

To be in the chance of winning a pair of tickets, answer this question:

How many types of instruments are in a string orchestra?

Email your answer with your name, age, address and contact number to newham.mag@newham.gov.uk or send them to Newham Mag, West Wing 4th Floor, Newham Dockside, 1000 Dockside Road, E16 2QU. You must be available to attend the performance on Friday 19 October at 7.30pm. Competition closes at noon on Thursday 18 October.



A musician from New London Orchestra

Give blood

More than nine out of ten people will need blood at some point in their life, but less than one in ten donate it. If it wasn't for the generosity of donors, many people would not be alive today.

If you're aged between 17 and 65, weigh more than 50kg (7stone 12lbs) and are in good health you can donate.

Drop into one of these sessions between 2-3.45pm or 5-7.45pm:

- **Tuesday 23 October, Baitul Ahad Mosque, 56 Tudor Road, E6**
- **Wednesday 24 October, Beckton Globe 1 Kingsford Way, E6.**

No appointment is needed. If you'd like to make a difference – give blood. To find out more about blood donation visit www.blood.co.uk or call **0300 123 23 23**.



An uplifting new social group

If you have combined sight and hearing loss or if you know someone who does, head down to Newham Uplift Social Group. The group organises day trips for you to enjoy, talks from health speakers and offers free, confidential advice.

The new peer group organised by Deafblind UK, encourages people with a combined sight and hearing loss to meet new people, help support others and have some fun. Volunteers are also welcome. If you can give up a couple of hours, come along.

Newham Uplift meets on the third Tuesday of every month, 11am-1pm at Local Space Ltd, 58 Romford Road, E15. For more information email tania.dee@deafblind.org.uk or call **01733 358 100** or **07920 802 673**.



Stay flu free

Don't let the flu get you this winter - book an appointment to get your free flu jab.

Flu is easy to catch and can be dangerous if you're elderly, pregnant, unwell or work with people with illness.

If you're aged 65 and over, pregnant, or suffer from medical conditions such as heart disease, diabetes, asthma, multiple sclerosis, chronic kidney or liver disease, HIV or are receiving medical treatment which lowers your immunity, flu could put you at risk.

To get your flu jab or to find out if you need one, speak to your GP, pharmacist or midwife.

For more information about the jab, visit www.nhs.uk/flu

Think pink

Let's Get the Planting Started is going pink for Breast Cancer Awareness Month by planting pink bulbs around the borough.

The events are funded by Newham Council's Let's Get the Party Started campaign and work in partnership with the Small C campaign and charity Community Links.

Show your support and get planting. The events are free and open to all. Refreshments will be available.

Events take place from 11am-2pm at:

- **Saturday 20 October, Beckton Community Centre, East Ham Manor Way, E6**
- **Wednesday 24 October, Napier Lodge, Ranelagh School, Corporation Street, E15**
- **Thursday 25 October, Hathaway Community Centre, Hathaway Crescent, E12.**

You can also find out about breast screening and the importance of detecting breast cancer early.

For more information email Lindsay.Hiett@newham.gov.uk or call **020 3373 0625**. Dates and times are subject to change so please call before attending.

Key Information

It is important to be familiar with your breasts and to notice anything unusual.



Five things to look out for to spot breast cancer:

- **Lumps**
- **Dimples or puckering of the skin**
- **Appearance or direction of the nipple**
- **Nipple discharge**
- **Rash or crusting.**

If you find any signs or symptoms of breast cancer, visit your GP immediately.

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

Do you want to apply for Indefinite Stay or British Passport? We can help you to pass the test.

- ESOL Citizenship Course
- Life in the UK Test Training
- Speaking & Listening Only
- Certificate & Citizenship letter accepted by the Home Office
- No Books, No Computers
- Part Time & Week end Classes
- We train you until you pass
- Relaxed & Comfortable Classes



Call us now! Tel: 0208 279 0719
208 High Road, Leytonstone, London E11 3HU



the newham mag

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk



Newham London

Newham council will MOT your vehicle £40 for Newham residents

Contact us on **020 8472 0343**
or email mot@newham.gov.uk
Appointments only

Class 4 vehicles only (cars)

Central Depot, Jenkins Lane, Barking, Essex IG11 0AD

**Newham
Shared
Lives
Scheme**

The Shared Lives Scheme gives adults with support needs, who live in Newham, the opportunity to live with families or individuals in their own homes.

The scheme exists to support vulnerable people with long term, short breaks and emergency placements. Newham Shared Lives Scheme supports people with a range of different support needs, including:

- people with mental health needs
- people with a learning and/or physical disability
- older people with dementia.

Carers use their own home to look after those that need care, either on a long or short term basis.

For more information

If you are interested in becoming a Shared Lives Carer, or know someone who would benefit from being placed with a carer please contact:

telephone: **020 3373 0496/1287**

email: sharedlives.scheme@newham.gov.uk

web: www.newham.gov.uk/sharedlives

Newham London



NEWHAM GIVES HOMES TO THOSE THAT GIVE TO THEIR COMMUNITY



Newham Council has decided that people in employment and members of the armed services are to receive priority on its housing register.

Earlier this year the council conducted a review to make sure the way it gives out council housing is fair and supports residents who are making positive steps in their lives.

Now, to join the housing register, all applicants will need to have lived in Newham for at least two years continuously or have a strong connection with the borough.

“These changes will help to drive aspirations and form a stable community where people choose to live, work and stay”

The council has now decided to go a step further by saying that those who have made a positive contribution to their community in ways such as serving in the armed services, being employed or being a full-time carer, will be given further preference.

Newham is one of the first local authorities in the country to make these ground-breaking changes.

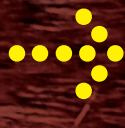
Mayor Sir Robin Wales said: “This decision shows Newham is leading the country when it comes to housing – these changes will help to drive aspirations and form a stable community where people choose to live, work and stay.”

The Housing Register is going online

From 29 October you will need to apply to join Newham’s housing register online.

For more information visit www.newham.gov.uk/housingregister

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.

GALLERY

Winner



Marina Narbuntaite, 10



Sivaloba Sivaridar, 10



Katrina Jablonovska, 11



Renee Addo, 9

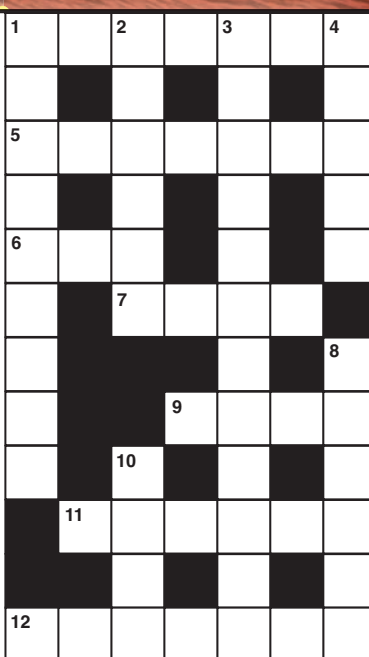
Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Crossword



Across

1. Disposable handkerchiefs (7)
5. Funny (7)
6. It forms the earth's atmosphere (3)
7. Small whirlpool (4)
9. Male deer (4)
11. Building surrounded by a moat (6)
12. Monet, Picasso and Van Gogh (7)

Down

1. And 2 Down. Part of London with a memorial to Admiral Nelson (9,6)
2. See 1 Down
3. This country's flag is sometimes called 'The Stars And Stripes' (6,6)
4. Sweetener (5)
8. Says yes (6)
10. Period during which people choose not to eat (4)

Poem

James Bond came to the ceremony with the Queen
followed by Mr Bean.
I'm glad it didn't rain as David Beckham
arrived on a boat with the flame
and went home on the Olympic lane.

Dylan Samani, 8

WHAT'S ON?

**FIVE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own, log on to www.newham.gov.uk/whatson

12 – 26 OCTOBER

OUR THRILLING THREE...

- 1 London Legacy** For residents to find out about plans for the Olympic Park. Tues 16 Oct, 6.30-8pm, Carpenters School, Friendship Way, E15. Call **08000 722 110**, email info@londonlegacy.co.uk or visit www.noordinarypark.co.uk
- 2 Free computer course** 19+, 15 Oct-7 Jan 2013. Mon-Thurs, 10am-5pm, Fri, 10am-1pm, Jack Cornwall Community Centre, Jack Cornwall Street, E12. Call **07943 887 612/07507 173 272**.
- 3 Tai Chi** Thurs, 10.30am-12noon, open to all, £2. Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16. Call **020 7476 1666**.

MENTION THE MAG...

Theatre Royal is offering Newham residents who have never seen a show at their iconic venue the chance to see **Martina Cole's Dangerous Lady on Tuesday 23 October for just £2.50, slashed from the usual price of £20.**

The show starts at 7.30pm prompt. Tickets are not available online, you must go to the box office at Theatre Royal, Theatre Square, E15. Proof of address is required. Tickets are limited and on a first come, first served basis.

For more information visit www.stratfordeast.com/dangerouslady or call **020 8534 0310**.



TRY SOMETHING NEW... BACKPACK BOOT SALE

If you've got bits and bobs piling up at home, why not head down to the Backpack boot sale at Caravanserai and sell your stuff? As long as your items are in good nick, pay £5 for a table and sell away.

You can sell anything you like including games, toys, clothes and more. And if you're feeling creative why not get baking and have a cake sale too?

The boot sale is open to all, and takes place on **Saturday 20 and 27 October, 12noon-2pm at Canning Town Caravanserai, 100-116 Silvertown Way, E16.**

For more information call 07984 326 579 or email lucy@caravanserai.org.uk



Bring A Friend Day

Free events and activities for over 50s. Refreshments will be provided.

Mon 15 Oct, 11.30am-4.30pm, Beckton Community Centre, 14 East Ham Manor Way, E6.

Thurs 18 Oct, 12noon-4pm, Field Community Centre, 147 Station Road, E7.

Mon 29 Oct, 2-6pm, Katherine Road Community Centre, 254 Katherine Road, E7. Email Lindsay.Hiett@newham.gov.uk or call 020 3373 0625.

painting, world foods and more. Mon 29 Oct, 2-6pm, Jack Cornwall Centre, Jack Cornwall Street, E12. Call 07506 593 782

Comedy night

Free entertainment every Mon 8pm Theatre Royal, Stratford East, Gerry Raffles Square, E15. Visit www.stratfordeast.com/comedy-night

Mini Musical Makers

Free music and story building sessions for children and parents with Newham Academy of Music. Wed afternoons, Discover Story Centre, 383-387 High Street, E15. Call 020 8536 5555. Mon mornings, The Hartley Centre, 267 Barking Road, E6. Call 020 7540 692. Places are limited, please book before attending

ARTS AND ENTERTAINMENT



Little Ilford Eid Extravaganza

A free family fun day for all to enjoy. Arts and craft, face

COURSES



Do it Online

Basic computer sessions for all. All sessions take place at local libraries. You must book in advance.

Tues, 10am-12noon
Green Street

Wed, 10am-12noon, Stratford
Thurs, 10am-12noon,
Canning Town
Fri, 10am-12noon and 2-4pm,
East Ham and Plaistow

Knit & Natter

Craft group for men and women of all ages and abilities. All sessions take place at local libraries.

Weds, 10am-12noon,
Beckton Globe
Fri, 10am-12noon,
Canning Town

UNDER FIVES LIBRARY ACTIVITIES



Open to under fives with their parents/carers. All sessions take place at local libraries.

Crafts Club

Tues, 10.30-11.30am,
Manor Park

Toy Library

Tues and Thurs,
10am-12noon, East Ham

Imaginative Play

Fri, 10.30-11.30am, East Ham

Storytelling

Mon, 10.30-11.30am,
Canning Town
Tues, 10.15-11.15am,
Custom House
Tues, 11am-12noon, Plaistow
Tues and Fri, 11am-12noon,
Stratford
Wed, 2-3pm, East Ham
Thurs, 10.30-11.30am,
Manor Park

Thurs, 2-3pm, North Woolwich
Thurs, 10.30-11.30am,
Green Street
Fri, 10.30-11.30am,
Beckton Globe
Fri, 11am-12noon, The Gate

YOUNG PEOPLE'S LIBRARY ACTIVITIES



All sessions take place at local libraries.

Homework Club

For young people aged 7 to 14. School term only.

Mon, 4-6pm, Stratford, East Ham and North Woolwich,
3.30-5.30pm
Tues, 4-6pm, Beckton and The Gate

Thurs, 4-6pm, Canning Town, Custom House, Manor Park and Plaistow

Games Clubs

Free activities such as Sony PS3, Xbox 360, Wii games, board games and more for all children aged 8-13.

Mon, 3.30-5.30pm, Canning Town and Manor Park
Tues, 3.30-5.30pm, Custom House and East Ham

Teen Xtra Evenings

Free activities for ages 12-21.
Thurs, 6-8pm, The Gate

ADULT LIBRARY ACTIVITIES



All sessions take place at local libraries.

Adult Reading Groups

Mon 15 Oct, 6.30 - 7.30pm,
East Ham

Over 50s Club

Thurs, 10am-12noon,
Beckton Globe

ICT Surgeries

Thurs, 10am-12noon, The Gate

EXTRA ACTIVITIES



Royal Docks Learning & Activity Centre

All sessions cost £1 unless specified otherwise.

Mon, Mother and Toddlers,
9.30-11am

Tues, Bingo, 10am-12noon
Over 50s Computer Classes,
10am-12noon

Healthy Cooking Group,
10am-12noon

Weds, Salsa Classes,
10.30-12noon

Sewing Classes, beginners 10-11.30am and intermediate 11.30am-1pm

Thurs, Tai Chi, £2,
10.30am-12noon

Sessions take place at Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16.

Call 020 7476 1666

Breast Cancer Awareness Day

Wed 24 Oct, 1-4pm,
Community Hall, Carpenters TMO, 17 Doran Walk, E15.

Call 07748 053 821/07932 661 089 or email

thenewbeginnings2000
@yahoo.co.uk

BASKETBALL



Youngbloods Basketball

All sessions cost £1.

U12s, mixed

Sat, 1-3pm, East Ham Leisure Centre, E6

U13/14s, boys

Mon, 6-8pm, St Angela's School, E7

Tues, 5.30-7.30pm Newham Leisure Centre, E13

U14s, girls

Mon, 4.30-6pm, St Angela's School, E7

Tues, 5.30-7.30pm, Newham Leisure Centre, E13

U15/16s, boys

Tues, 6-8pm, East Ham Leisure Centre, E6

Fri, 6-8pm,



Football

St Angela's School, E7
U17/18s boys

Tues, 8-9.45pm, East Ham Leisure Centre, E6

Thurs, 7-9pm, St Bonaventure's School, E7

Fri, 6-8pm,
St Angela's School, E7.

Call 07958 307 657

Newham All Star Sports Academy (NASSA)

All sessions take place at UEL, Docklands Campus, University Way, E16. Sessions are £1 unless indicated otherwise

Visit www.nassasports.org.uk

Wed, 4.20-6pm, U13-14

6-8pm, U16-18

8-10pm, Senior Men

Thurs, 4.20-6pm U13-14

6-8pm, U16-18

8-10pm, Senior Women, £2

Fri, 4.20-6pm, U13-14

6-8pm, U16-18

8-10pm, Senior Men Run, £2

Sat, 10.20am-12.20pm, junior boys and girls, 8-14, £2

Call 07703 503 995

or 07712 176 301

National League

Mon, 6-8pm, U13/14s,
Rokeby School,

Barking Road, E16

Tues, 6-8pm, U15/16s

Rokeby School,

Barking Road, E16

Thurs, 4.30-6pm,

U13/14s boys, U14s girls,

Newham Leisure Centre,

Prince Regent Lane, E13

6-8pm, U16s,

Newham Leisure Centre,

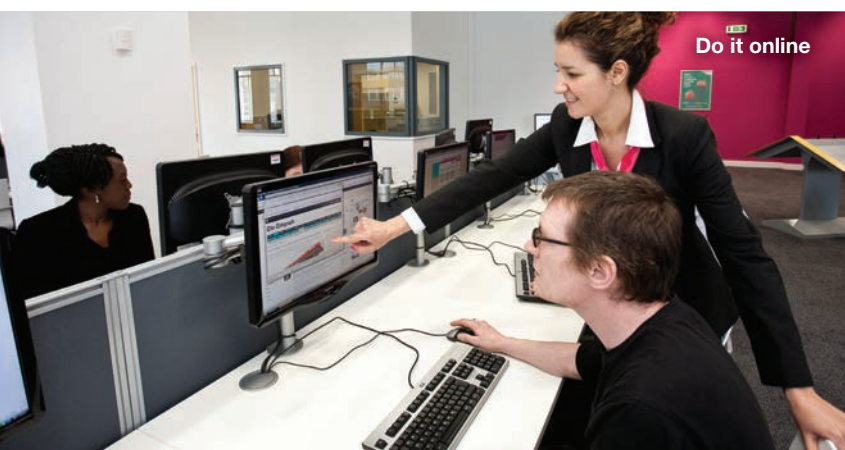
Prince Regent Lane, E13

6-8pm, U18s, Cumberland

School, Oban Close, E13

Gifted and Talented

Fri, 4.15-5.30pm





Rugby

Cumberland School,
Oban Close, E13

Basketball Session

Sat, 10am-12noon
Newham Leisure Centre,
Prince Regent Lane, E13

Senior Men/Women Programme

Mon, 7.30-9.30pm
Division 2 Women and Division
3/4 Men. Rokeby School,
Canning Town, E16
Call 07947 401 616

FOOTBALL



Mayor's Football League

8-16s, Mon, 4-6pm
Newham Leisure Centre,
Prince Regent Lane, E13

4v4 Football

8-19s, Wed, 5-7pm
Stratford Park MUGA,
West Ham Lane, E15

5v5 Football

8-19s, Fri, 5-7pm
Royal Victoria Gardens,
Pier Road, E16

4v4 Football

8-19s, Fri, 5.30-7pm
Snowhill MUGA,
High Street North, E12

5-a-side Tournaments

(First Sat of the month)
U12s/U14s/U16s, Sat,
10am-1pm
Plashet Park, Plashet Grove, E7
8-19s, Wed, 7.30-9pm.
Winsor community MUGA,
Manor Way, E6
Call 020 3373 4119

WHU Kickz (free)

Mon, U14s, 4-5.30pm
15+, 5.30-7pm

West Ham United Community
Astro Turf (Beckton), E6
11-18s, 5-8pm
Forest Gate Youth Centre, E7
Tues, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E6
11-18s, 6-9pm
Priory Park MUGA, E6
Wed, 11-18s, 5-8pm
Priory Park MUGA, E6
Thurs, 11-18s, 4-7pm
Priory Park MUGA, E6
Fri, U14s, 4-5.30pm
Girls 11+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E6
11-18s, 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+

Tues, 1-3pm,
Stratford Park, E15
Fri, 3-5pm, Beckton
Powerleague, E6. Visit
www.airfootball.co.uk

Ascension Football Academy

All sessions £3
School years reception to 11,
10-11.30am
King George V Park, King
George Avenue, E16. Call
07806 584 925

BOXING AND SELF DEFENCE



Boxing

West Ham ABC - community
boxing, 11-19s
Free Olympic style amateur
boxing sessions.
Hathaway Community Centre
Hathaway Crescent, E12
Wed, 7pm. Call 020 8430 2000
West Ham Boys ABC 9+, boys

and girls
Mon, Wed, Fri, 5-6pm
The Black Lion, 59-61 High
Street, E13. Call 020 8472 3614
Peacock ABC 8+,
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call 020 7511 3799
Newham Boys ABC
6+, boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House, 141 Church
Street, E15. Call 020 8519 5983
Fight For Peace 11+,
boys and girls
Woodman Street, North
Woolwich, E16.
Call 020 7474 0054

Punch Out (16+)

Free boxing fitness workout.
Thurs, 4-5pm and
5.15-6.15pm. Email
getactive@newham.gov.uk

Shoujin Karate

Sessions for beginners.
Newham Shoujin Karate Club:
Weds, (during term time only)
4.30-5.30pm. Fri, 6-7pm
and 7-8pm. Sun, 10-11am,
Newham Leisure Centre,
Prince Regent Lane, E13. Call
07508 070 638
Docklands Shoujin Karate Club:
Mon, 6.20-8.20pm, UEL Sports
Docks, Docklands Campus,
E16. Call 07517 136 837

Tang Soo Do

Korean Martial Arts for 5+ to
adults. £5 per session – family
discount available.
Sat, 1-2.30pm (arrive at least
15 minutes before start) The
Hub, 123 Star Lane, E16.
Call 07725 948 426 or email
ace_rosillo@hotmail.com

HEALTH AND FITNESS



Handball (free)

8-16s, Tues, 3-4.30pm
16+, Fri, 6-8pm
Newham Leisure Centre, Prince
Regent Lane, E13. Email
aranka.bekker@newham.gov.uk

Multi sports (free)

Wed, 1-3pm and 5-7pm, 16+
Stratford MUGA,
West Ham Lane, E15
Fri, 5.30-7pm, 8-19s
Snowhill MUGA, High Street
North, E12. Call 020 3373 4119

Athletics

Sun, 10.30am-12.30pm, 10-19s
Newham Leisure Centre,
Prince Regent Lane, E13. Email
coral.nourrice@newham.gov.uk
Newham and Essex Beagles
Athletics Club, Mon and Wed,
6.30-9pm, 10+
Sun, 10am-1pm.
Call 020 7511 4477

East End Road Runners

Free coached sessions for
all abilities.
Tues and Thurs, 7pm
Sun, 9am, meet on the track,
Newham Leisure centre,
Prince Regent Lane, E13.
Call 07979 261 647

Run England sessions

All sessions are £2 indicated
otherwise.
Sun, 10am-12noon, Newham
Leisure Centre, E13 (meet on
the track)
Mon, 4-5.30pm, Newham Leisure
Centre, E13 (meet on the track)
5.45-6.45pm, Newham
Dockside, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure
Centre, E13 (meet on the track)
Wed, 12noon-1pm, Newham
Dockside, E16 (meet at reception)
Thurs, free, 5.15-6.15pm, UEL
Docklands Campus, E16
(meet at reception)
Sat, 10-11.30am, East Ham

Table tennis



Central Park, E6 (meet at the café)
10-11.30am, Wansted Flats,
E12 (meet at Harrow Road
Changing Pavilion)
10-11.30am, Memorial Park,
E15, £4 (meet at car park)
Call 07718 394 874

Cricket

Wed, 6-8pm, 8-18s, Lister
Community School, St Mary's
Road, E13. Call 020 3373 4119

Hockey

Mon, 3-5pm, 8-14s
Kingsford Astro, Kingsford
Way, E6 (by Asda car park).
Call 020 3373 4119

Rugby

Tues, 4-6pm, 10-16s
Memorial Park, Memorial Avenue,
E15. Call 020 3373 4119

Volleyball

Mon, 3.30-5pm, 11-18s, Royal
Docks School, Prince Regent
Lane, E16. Call 020 3373 4119

Newham Swords (4+)

Tues, 6.30-9pm
Thurs, 6.30-9pm
Fri, 7.30-10pm
The Hub in the grounds of
Newham Leisure Centre, Prince
Regent Lane, E13
Call 07956 618 898

Newham Striders

Free sociable walking group,
seven days a week.
Call 020 8430 2000

Free Men's Health

Football Fitness Sessions

Sat, 10-11am, West Ham United
Community Training Facility, 60a
Albatross Close, E6.
Call 020 7473 7724

Free Family Fit Club

Sat, 11am-12noon, West Ham
United Community Training
Facility, 60a Albatross Close,
E6. Call 020 7473 7724

Zumba classes

Thurs, 7.30- 8.30pm, St Nicholas
Church Hall, Gladding Road, E12,
£5 per class. Call 07720 805 505

Saturdays

For fathers, grandads, uncles
and children aged 0-16.

Sat, 12noon-3pm,
Chandos East Hub, 90
Chandos Road, E15
Call 020 8221 2137

Family Fitness classes

£4-£6 for adults, £1 for
children/teens.

Outdoor classes

Adult only Boot Camp,
Tues, 9.30-10.30am
Family Boot camp (children
must be 7+) Tues, 5-6pm
Teens only Boot Camp (13-16)
Weds, 5-6pm
Family Boot Camp,
Sat, 11.30am-12.30pm
Grassroots, Memorial Park, E15.
To register for outdoor classes
call 07904 625 402 or email
info@5starphysique.co.uk

Indoor classes

Funky Kids Skiptrix (7+ jump
rope based exercise and
games) Thurs, 5-6pm
Adults Skiptrix Circuits, Thurs,
6.15-7.15pm
The Hub, 123 Star Lane, E16.
Call 07904 625 402 or visit
www.5starphysique.co.uk

Newham Young Britons A.S.C

Learn to swim and/or improve
your strokes.

Men's session, (12 week course,
£70.60) Sat, 5.30-6.15pm

Children's session, (£2 per
session) 5-16, Sat, 6.15-7pm
Newham Leisure Centre,
Prince Regent Lane, E13.
Call 07956 304 518

Yoga Classes

£5.50 for full-time workers or
£3.50/£4 for students and those
in receipt of benefits
Tues, 6.10-7.10pm and
Fri, 10.30-11.30am,
The Hub, 123 Star Lane, E16
Wed, 6.30-7.30pm
The Unitarian Church, West Ham
Lane, E15.
Call 07956 808 007 or visit
www.yocoma.co.uk

Woodside

Badminton Club

Intermediate and club standards
players welcome, Fri, 8-9.30pm,

£5 waged/£3 unwaged,
Carpenters Docklands Centre,
98 Gibbins Road, E15.
Call 020 8514 1586

Table Tennis

For beginners and intermediate
players. Thurs, 6.30-9pm
Stratford School, Upton Lane,
E15 (Doris Road entrance)
For more info call Ginny on
07976 577716 or John on
07828 866 031 or email
ginny.harris10@btinternet.com
Tues, Thurs and Fri, 7-9pm
Sun, 10.30am-12.30pm,
Langdon School, Sussex
Road, E6. All levels welcome
with some experience, £2
per session. To find out more
call 07956 904 189 or email
igorquan@yahoo.co.uk
Sat, 11.15am-1.15pm, St Mark's
Community Centre, Tollgate
Road, E6. Call 020 7476 4580

Qi Gong

Suitable for adults of all abilities.
£5 per session.
Thurs, 8pm on the Dockland's
Community Boat moored near
ExCeL. Meet at the gates to
Millennium Mill, Mill Road, E16.
Call 07930 610275 or email
lee@bigheavenlittleheaven.com

UnityZumba

Classes are £5 each adults,
children £3. (7+)
Mon and Wed, 8-9pm,
Hartley Centre, 267 Barking
Road, E6
Tues and Thurs, 8.15-9.15pm,
St Mark's Community Centre,
218 Tollgate Road, E6
Fri, 7.30-8.30pm,
African Caribbean Centre,
627-633 Barking Road, E13
Sun, 6.30-7.30pm,
The Well Centre, 49 Vicarage
Lane, E6. Call 07886 884 573

FEMALE SPORTS



Bollywood FuZion (12+)

Bollywood and Latin inspired
fitness programme. £5 per
session.
Tues, Bollywood FuZion:

Female Multi-Sports



7.30-8.30pm

Zumba fitness: 8.30-9.30pm
The Hub, 123 Star Lane, E16.
Email bollywoodfuzion@gmail.
com or call 07830 455 823

Dare2Dance

Free street dance classes for
girls, 12-16s. Fri, 3.30-5.30pm
Newham Leisure Centre (New
Indoor Multi Sports Centre),
Prince Regent Lane, E13.
Call 07970 783 526

Girls Spinning Sessions

11-16, Mon and Wed,
4-4.30pm. Newham Leisure
Centre, Prince Regent Lane,
E13. Call 020 7511 4477

Female Only Gym Sessions

11-16, Tues and Thurs,
3.30-5pm. 16-25, Weds,
1.30-3pm, free. Newham Leisure
Centre, Prince Regent Lane, E13.
Call 020 7511 4477

Female Boxfit Classes (16+)

Mons, 4.15-5.15pm, Balaam
Leisure Centre, Balaam Street
E13. Call 07970 783 526

Girls Football

Mon, 6-7.30pm,
12/14s football tournaments
Kingsford Astro (entrance by
Asda car park) Beckton, E6.
Call 020 8556 5973.
12-14s football coaching and
tournaments, Tues, 3.30-
5.30pm. Newham Leisure
Centre, Prince Regent Lane,
E13. Call 020 8556 5973



Trampolining

Women United FC (11+)

Mon (term time only)
6-7.15pm, Kingsford School,
Kingsford Way, E6.
Call 07968 665 849

Get Back into Netball

OPA Netball Club sessions.
Tues, juniors, 6-7pm, seniors,
8-9.30pm. £2 per session.
Lister Community School,
St Mary's Road, E13.
Call 07717 281 529

Body Blast (16+)

Mon, 7-8pm and Thurs,
6-7pm
Talent Central, Unit 27a,
3 Armada Way, Gallions
Shopping Centre, E6

Female Multi-Sports

Cardio, Tennis, Handball,
Rounders, Football and more.
10-16s, 4.30-6.30pm, Tues,
4.30-6.30pm Newham Leisure
Centre, Prince Regent Lane, E13.
Fri, 4.15-5.15pm, Little Ilford
Youth Zone, Rectory Road, E12.
Call 020 8556 5973 or email
Farrakh.Khan@locsp.org

Sheila's Yummy Mummy buggy (16+)

£5 per session
Mon, 10-11.30am
East Ham Central Park, E6
(meet outside cafe in the park)

Fri, 10-11.30am, Plashet Park,
Plashet Grove, E6.
Call 07908 614 958 or email
spoleon@aol.com

Get back into Netball

OPA Netball Club sessions.
Tues, juniors, 6-7pm, seniors,
8-9.30pm. £2 per session.
Lister Community School,
St Mary's Road, E13. Call
07717 281 529 or email
opanetballclub@hotmail.com

Zumba classes

Tues, 8-9pm,
£4 per hour, The Swift Centre,
387 Barking Road, E13
Thurs 7.30-8.30pm,
£4 per hour, The Hub, 123
Star Lane, E16. For more
details call 07500 898 665

Janice's Fitness (16+)

Soca and Zumba fitness
sessions. £5 per session.
Tues, 9.30-10.30pm. St
George and St Ethelbert
Church Hall, Burford Road, E6.
Email info@jifikarate.co.uk or
call 07818 000 643

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Multi-Sports

Free Flying Wheels club for
young wheelchair users 6-22.
Wed and Fri evenings, 6-8pm.
Rokeby School, Barking Road
E16. Call 07888 085 259
U19s, Fri, 4.30-6.30pm,
Newham Leisure Centre, E13.
Disabled Multi-Sports. Tues,
10.30am-12noon, Newham
Leisure Centre, E13.
Call 020 7511 4477
Fri, 4.30-6pm, NewVic, Prince
Regent Lane, E13.
Call 07811 671 082

Wheelchair Basketball

11-19, Wed, 4-5pm
Rokeby School, Barking Road,
E16. Call 07947 401 616

Family Swims for Disabled Children and Adults

Newham Otters Swimming Club,
Sat, Newham Leisure Centre,

E13, 4.30-5.30pm. For more
details call 07931 788 739
Family Swim, Sun, 12.30-2pm,
Balaam Leisure Centre, E13,
£5. Call 020 7476 5274

Free Trampolining Sessions

U19s, Fri, 5-7pm and Sat,
12noon-2pm, Newham Leisure
Centre, E13. Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham
Leisure Centre, E6. £1.15 per
session. Call 020 8548 5850

Free Swim for Families dealing with Autism

Wed, 4-5pm, Balaam Leisure
Centre, E13. Call 020 7476 5274

Get fit for free

Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre. Tues, 1.30-3.30pm and
Fri, 10am-12noon. To book an
induction call on 020 7511 4477

B1 Football Club

Third Sun of every month,
10am-12noon, East Ham
Leisure Centre, E6

Free soft play and exercise to music

Sat, 2-3pm, Newham Leisure
Centre, E13. Call 020 7511 4477

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Road, E6 unless specified.

Mon 15 Oct, 7pm, Local
Development Committee,
Council Chamber, Old Town
Hall Stratford, E15.

Tues 16 Oct, 7pm, Strategic
Development Committee,
Council Chamber, Old Town
Hall Stratford, E15

Weds 17 Oct, 7pm, Audit
Board, Committee Room 1

Thurs 18 Oct, 7pm, The
Standing Advisory Council on
Religious Education (SACRE)

Tues 23 Oct, 7pm Overview
and Scrutiny Committee,
Committee Room 1

Thurs 25 Oct, 5pm
Cabinet, Council Chamber
5.15pm, Mayoral Proceedings,
Council Chamber
Visit www.newham.gov.uk/committee for updates.

MEET THE MAYOR

Please arrive promptly at the
start of each surgery
Tues 16 Oct, 5pm, Newham
Town Hall, Barking Road, E6
Weds 24 Oct, 9.30am,
Mayor's Telephone surgery.
Residents can call 020 8430
2000 between 9.30am and
10.30am and speak directly to
the Mayor.

LIBRARY CONTACTS



Beckton Globe

1 Kingsford Way, E6

Canning Town

Barking Road, E16

Custom House Prince Regent
Lane, E16

East Ham

High Street South, E6

The Gate 4-20 Woodgrange
Road, Forest Gate, E7

Manor Park

Romford Road, E12

North Woolwich

5 Pier Parade, E16

Plaistow North Street, E13

Stratford 3 The Grove, E15

Archives and Local Studies

(limited postal and email service
only) call: 020 3373 6881
email: archiveslocalstudies@newham.gov.uk

Community Outreach

Services To find out more call
020 3373 0813

Hundreds of services

– just one number for all
council enquiries
Call 020 8430 2000



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NewhamCouncil



are you
my forever
family?

Adoption,
what would you say?

Don't just think about it, call us free on

0800 013 0393

www.newham.gov.uk/adoption



active
newham

Trustees Required

From January 2013 **activeNewham** is the new trust that will be the borough's provider for leisure and cultural facilities and services.

activeNewham need people to join our Board of Trustees to help us support Newham's community to become more physically, culturally, socially and economically active. We want to help individuals and communities develop a range of activities that matter to them.

By working with people rather than doing it for them, we want a diverse network of local enterprises running everything from sports clubs to performing arts centres or just organising events in your local park.

If you think you have the skills and commitment to help us succeed and grow and want to know more, contact our Grant Aitken, on **020 3373 4604** or visit www.activenewham.org.uk

For an application form contact Company Secretary Lesley Kay on **020 3373 0811** or email lesley.kay@activenewham.org.uk





Guy Fawkes Night

FREE Fireworks display

Sunday 4 November

Wanstead Flats, Centre Road E7

Gates open: 5.45pm Display: 6.45pm

Event entrances on Centre Road, Dames Road and Lake House Road.

No public parking; limited blue badge parking available. Please use public transport.

No dogs or personal fireworks allowed on site.

 **020 8430 2000**

 **www.newham.com**

 **@NewhamLondon**

 **www.facebook.com/NewhamEvents**

In partnership with
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*Brought to you by the
Mayor of Newham*